



A Healthy Pregnancy, a Healthy Life

Why is Healthy Weight Gain Important?

Maintaining a healthy weight during pregnancy has great health benefits for you and for your baby. Your healthcare provider can let you know specific weight gain recommendations for you. Gaining the recommended amount of weight can:

- Help your baby to have a healthy weight for growth and development
- Decrease your risk of delivery complications
- Help you keep a healthy weight after delivery

Tips for a Healthy Weight

To Gain More Weight:

- Eat small, frequent meals
- Include healthy fats in your diet (avocado, nuts, peanut butter)
- Add cheese, sauces, or gravies to your meals
- Talk with a WIC dietitian about weight gain concerns

To Slow Weight Gain:

- Drink water instead of calorie-containing beverages
- Portion out snack-foods so you know how much you're eating
- Serve yourself larger portions of vegetables
- Talk with your provider about physical activity that will help balance your weight



What if I Have a Food Allergy?
Speak with your provider about any food groups you are not able to eat. If you have problems related to milk, contact your WIC office about alternatives.

Can I have Caffeine?

Consult your healthcare provider prior to consuming caffeine during pregnancy.

Have a History of Pregnancy-Related Complications?

Gestational Diabetes: Talk with your provider if you have a history of insulin resistance, polycystic ovarian syndrome (PCOS), or gestational diabetes. Talk with your provider about carbohydrate recommendations. When eating carbohydrates, add a protein choice. Drink water instead of sugar-containing beverages.

Pre-Eclampsia: Help increase your blood protein and decrease swelling by eating smaller meals and snacks every couple of hours. Add protein to your meals and reduce fat intake. Talk with your provider about your calcium levels. Drink plenty of water.

Why Should I Take a Prenatal Vitamin?

You and your baby need nutrients for growth, development, and overall health. Eating a healthy diet is important while you are pregnant. Your provider may recommend a prenatal vitamin to help ensure you and your baby get all of the nutrients you need. If your vitamin is making you sick try the following:

- Take vitamins with meals instead of on an empty stomach
- Try taking your vitamins before bed or later in the day
- Talk with your provider about taking a gummy version or smaller capsule. He/she may recommend supplements if you cannot take a prenatal vitamin



Nutrients to Consider

Nutrient	Purpose	Amount Needed	Found In
Folic Acid/ Folate	Decreases risk of defects of the brain and spinal cord	400-800 mcg/day	<ul style="list-style-type: none"> • Leafy green vegetables • Citrus fruit • Beans • Enriched grains, pastas, & cereals
Iron	Helps deliver oxygen to fetus	27 mg/day	<ul style="list-style-type: none"> • Meats • Beans • Leafy green vegetables • Pair with vitamin C foods for best absorption (fruits and vegetables)
Choline	Aids in development of brain and spinal cord	450 mg/day	<ul style="list-style-type: none"> • Eggs • Meats • Beans, peas, and lentils
Iodine	Needed for healthy brain development	220 mcg/day	<ul style="list-style-type: none"> • Talk with your provider if you do not eat dairy, eggs, or seafood • Use salt that is iodized

What Foods Should I Avoid?

- Any meat, poultry, eggs or seafood that has not been fully cooked
- Unpasteurized milk, juice, or cheeses
- Lunch/deli meats that have not been reheated until steaming hot (165°F)



How Can WIC Help Me?

WIC Peer Counselors are lactation specialists trained to help you with your breastfeeding needs. They are available to text or call if you have questions or concerns. If you'd like help, please let us know!

This institution is an equal opportunity provider.